

health+pedia

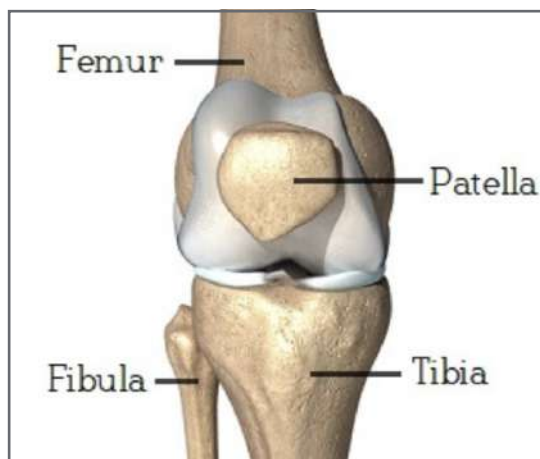
October 2023



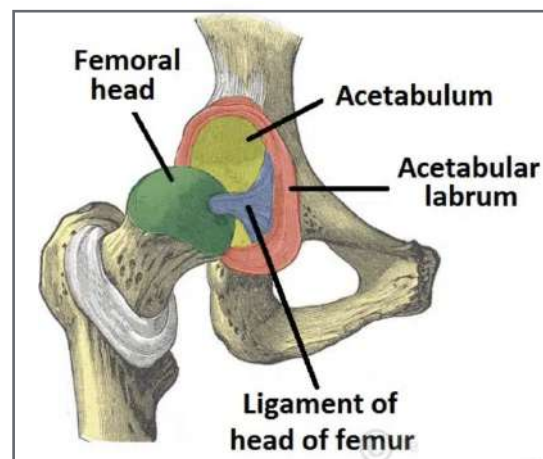
**UNDERSTANDING ARTHRITIS &
JOINT REPLACEMENT SUGERIES**

What are Joints?

Joints are the junctions where two or more bones come together in the human body, allowing for movement and flexibility. They are essential for the body's mobility and function, as they enable actions like bending, rotating, and extending limbs.



Knee Joint

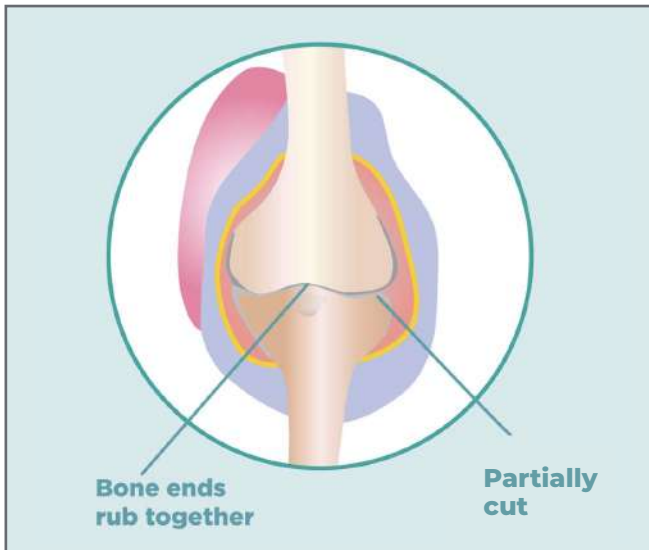


Hip Joint

What is Arthritis?

The word arthritis is used to describe pain, swelling and stiffness in a joint or joints. Arthritis isn't a single condition and there are several different types and can have a significant impact on a person's quality of life. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis

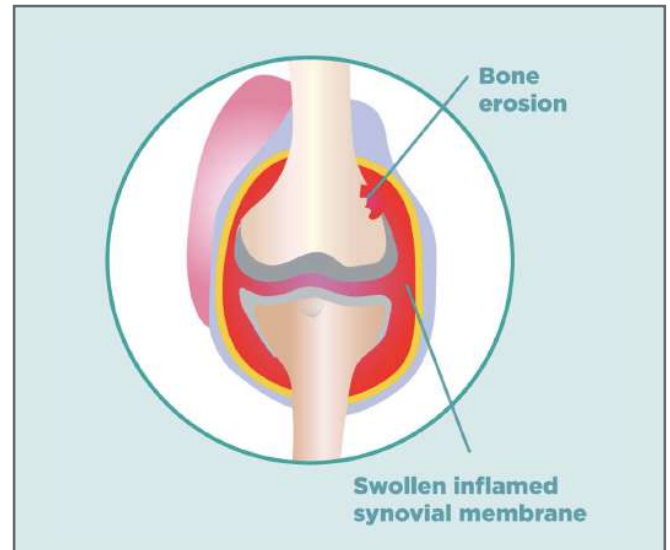


A degenerative joint disease that typically occurs due to wear and tear on the joints over time

Usually develops gradually and is more common in older adults

Primarily affects the specific joints that have experienced wear and tear, often one or a few joints

Rheumatoid Arthritis



An autoimmune disease in which the body's immune system mistakenly attacks the synovium (the lining of the membranes that surround the joints)

Can develop at any age and tends to progress more rapidly

Affects multiple joints on both sides of the body simultaneously

Indications of Arthritis:



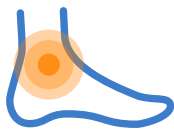
Joint
pain



Joint
stiffness



Swelling
around the
joint



Redness
around
affected
joints



Decreased
range of
motion



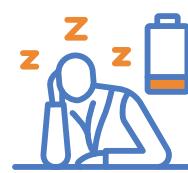
Joint
deformities



Fever &
chills



Muscle
weakness



Fatigue

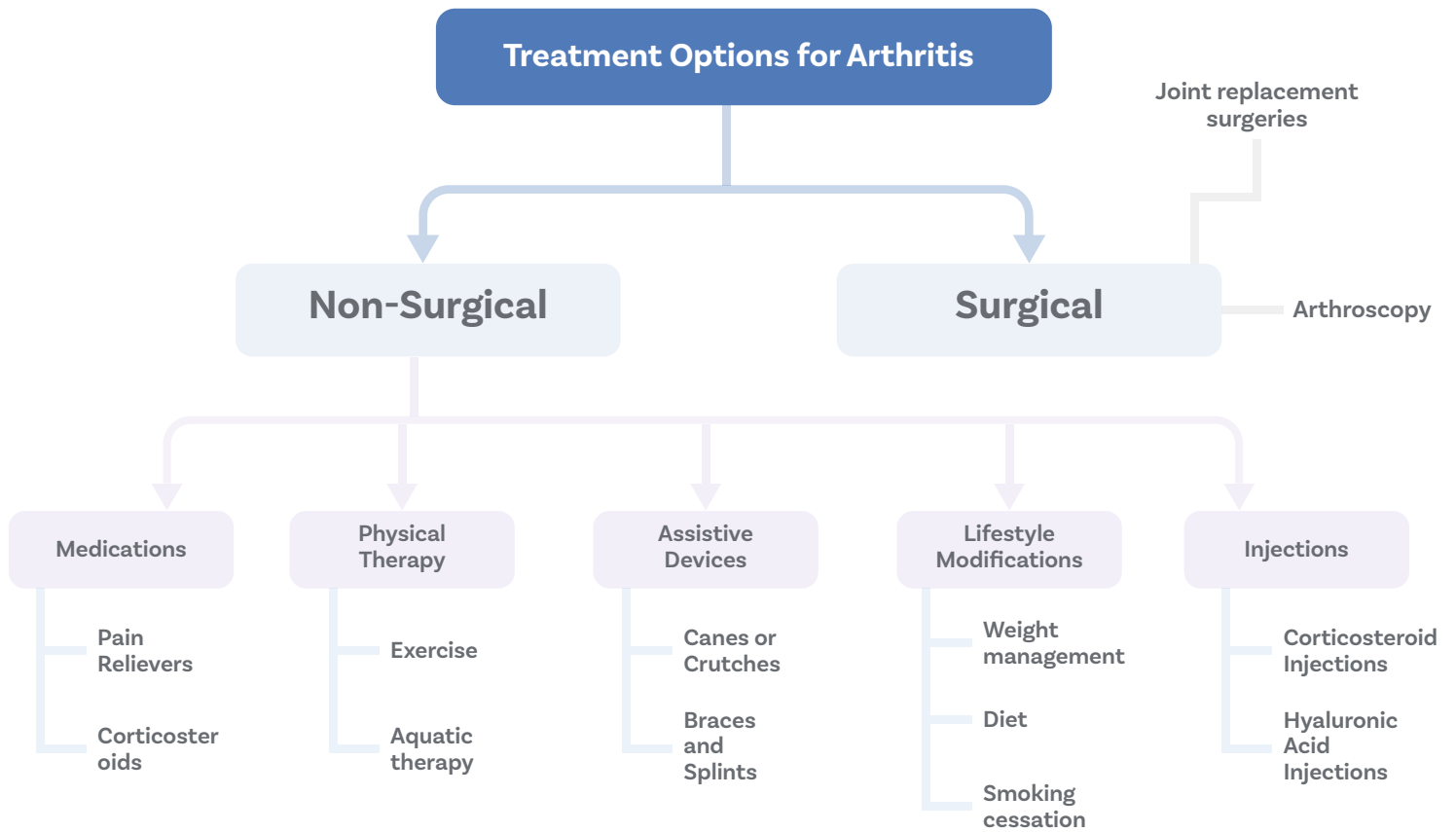
Causes/Risk factors:

- 1 Age
- 2 Genetics
- 3 Gender
- 4 Autoimmune Factors
- 5 Infections
- 6 Joint Injuries
- 7 Obesity
- 8 Lifestyle Factors
- 9 Hormonal Changes
- 10 Environmental Exposures
- 11 Medications
- 12 Inflammatory Conditions

Diagnosis:

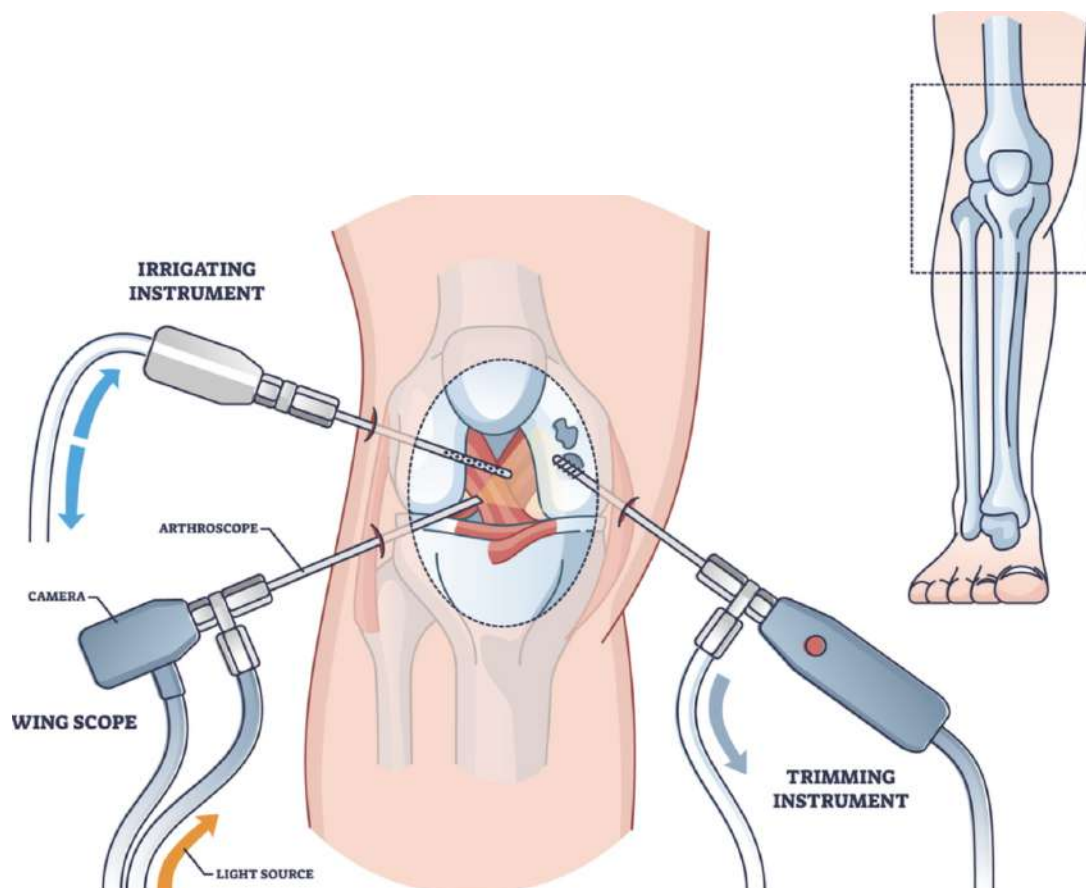
- 1 Medical History
- 2 Physical Examination
- 3 Imaging tests: MRI, X-rays, UV scans
- 4 Blood Tests: Rheumatoid factor, Anti-citrullinated protein antibodies
- 5 Laboratory tests: C-reactive protein, Erythrocyte sedimentation rate
- 6 Synovial Biopsy
- 7 Genetic testing (rare cases)

Treatments Options for Arthritis:



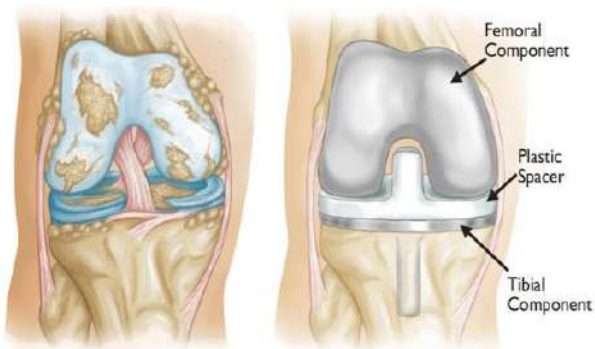
Arthroscopy:

Arthroscopy is a minimally invasive surgical procedure that involves the insertion of a small, flexible tube with a camera and surgical instruments into a joint through small incisions. It is commonly used to diagnose and treat various joint conditions by allowing the surgeon to visualize and address issues within the joint without the need for open surgery.



Joint Replacement Surgeries:

Joint replacement surgeries involve the surgical removal of a damaged or arthritic joint and its replacement with a prosthetic joint typically made of metal, plastic, or ceramic components.



Knee Replacement



Hip Replacement

Knee replacement and hip replacement are the most prevalent joint replacement procedures due to the high incidence of knee and hip joint conditions, especially in aging populations

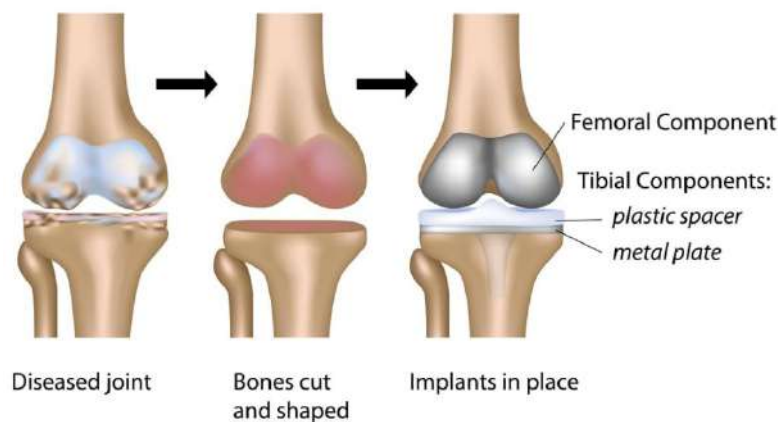
What is Knee Replacement?

Knee Replacement; also known as Arthroplasty or Total Knee Replacement, is a surgical procedure that involves replacing a damaged, worn or diseased knee with an artificial joint.

Types of Knee Replacement Procedures:

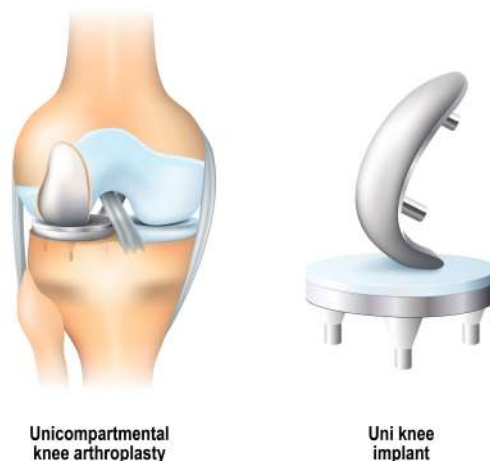
1 Total Knee Replacement:

The damaged joint is completely replaced with an artificial or prosthetic joint. This is often recommended when the bones are severely damaged because of any injury or bone degenerative diseases.



2 Partial (half) Knee Replacement

In some patients, only a part of the knee joint is degenerated. Therefore, only the Knee Replacement for the affected side is recommended.



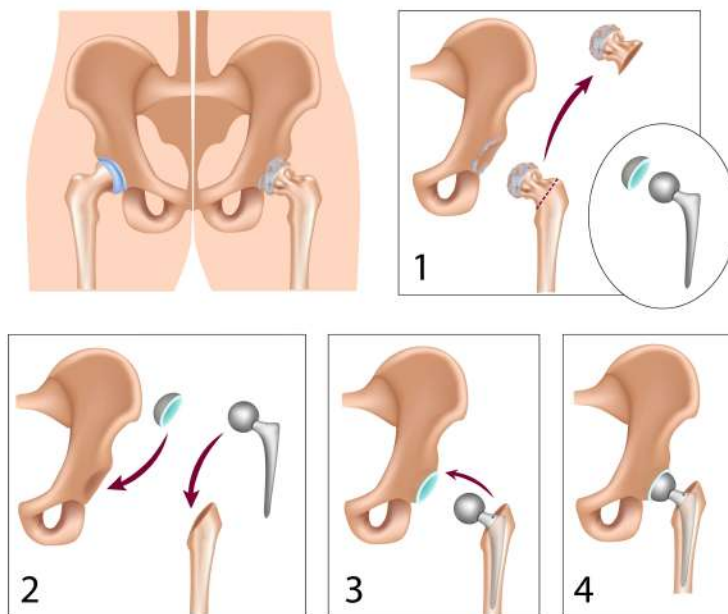
What is Hip Replacement?

A Hip Replacement is a common type of surgery where a damaged hip joint is replaced with an implant. It is usually performed for patients with severe hip joint arthritis or necrosis, who've become bedridden due to pain and joint instability. Hip replacement is Indicated mostly for adults aged 60 to 80 years.

Types of Hip Replacement Procedures:

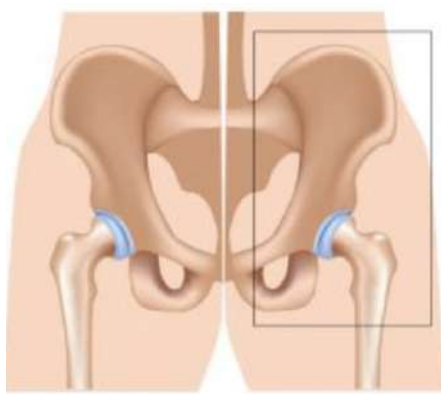
1 Total Hip Replacement:

Most common form of Hip Replacement in which the entire hip joint is replaced with artificial implants in patients with severe joint degeneration.

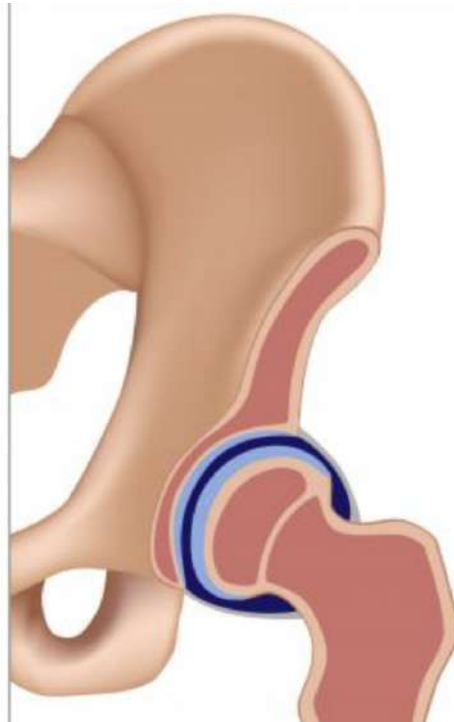


2 Partial Hip Replacement (hemiarthroplasty):

Only one side of the hip joint is replaced. The procedure is usually performed in patients having fractured hips or having degeneration on one side of the joint.

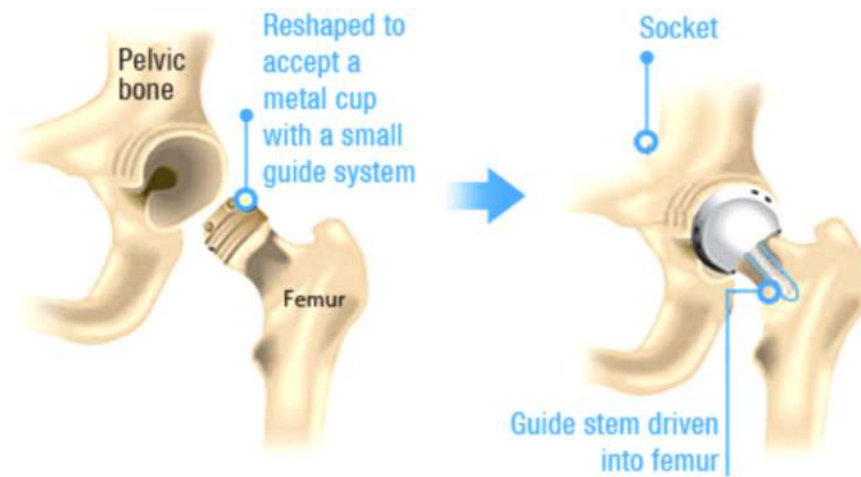


The Hip Joint



3 Hip Resurfacing (Core- Decompression):

Hip Resurfacing procedure is preferred for younger, more active patients with minor hip degeneration. Only the part of the socket and the femoral head are replaced.



Recovery:

- ▶ Most joint replacement patients spend a few days in the hospital, where medical staff monitor their condition.
- ▶ Rehabilitation often begins within 24 hours after surgery.
- ▶ Medications are prescribed to manage post-operative pain and inflammation.
- ▶ Post discharge, patients may need assistive devices like crutches, walkers, or canes for a period to help with mobility.

Advantages of Joint Replacement Procedures:

- 1 Reduces or eliminates chronic joint pain.
- 2 Improves joint function and mobility.
- 3 Enhances overall quality of life.

- 4 Patients enjoy long-term benefits from the procedure.
- 5 Reduce or eliminate disability associated with severe arthritis or joint damage.
- 6 Minimally invasive approaches leading to shorter hospital stays, less scarring, and faster recovery times.
- 7 Reduces medication dependency.
- 8 Prevent further joint damage and deformities.



Do's & Don'ts post-procedure

DO'S

Adhere to the post-operative instructions provided by surgeon

Engage in physical therapy as prescribed

Continue taking prescribed medications, as instructed by healthcare provider

Monitor the signs of infection, such as increased pain, redness, warmth, swelling, or fever and inform the healthcare provider

Attend all scheduled follow-up appointments with your orthopedic surgeon

Use assistive devices like crutches, walkers, or canes as per recommended

Keep the surgical incision clean and dry

DON'TS

Ignore severe or worsening pain

Overexert during physical therapy or daily activities

Skip or modify medication regimen without consultation

Smoke, use nicotine products

Excessive alcohol consumption

Rush to recovery

Disregard precautions provided by surgeon

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- Request an appointment to access services
- A Pristyn Care Coordinator will arrange a call after submission